

## MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

### Provider Profile

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#### **Elana Schechtman-Gil, LMFT**

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310-893-4634

<http://www.elanaschechtman.com>

Languages:	English
Age Group Served:	adults
Services:	Family/Dyad (parent and baby) Therapy and Individual Therapy
Evidence-Based Practices:	Attachment Theory Oriented Perspectives, CBT (Cognitive Behavioral Therapy), EFT (Emotionally Focused Therapy), Floor Time, Mindful Parenting, Mindfulness Based Therapy, Pregnancy Support Groups, Psychodynamic Psychotherapy, Reflective Parenting, and Strength Based
Appointment Required?	Yes
Insurance Accepted:	Will bill patient's insurance as out-of-network provider
Resource Type:	private practice
Intake Requirements:	none
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Hours:	please contact provider for hours